

RAINIER BEACH POOL



Family Swim ♦ April 24, 2004

SUMMER 2004



*SEATTLE PARKS
AND RECREATION*

8825 Rainier Ave. S ♦ Seattle, WA 98118 ♦ 206-386-1944
www.seattle.gov/parks/aquatics/rainierbeachpool.htm

Rainier Beach Pool

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8825 Rainier Avenue S

Seattle, WA 98118

Phone: 206-386-1944 TDD Only: 206-233-7061

Visit us at [www.seattle.gov/parks/aquatics/](http://www.seattle.gov/parks/aquatics/rainierbeachpool.htm)

[rainierbeachpool.htm](http://www.seattle.gov/parks/aquatics/rainierbeachpool.htm)

Hours of Operation

Monday – Thursday 9 a.m. – 8:30 p.m.

Friday 9 a.m. – 8 p.m.

Saturday 9 a.m. – 4:30 p.m.

Sunday 11 a.m. – 4:30 p.m.

Holiday Closures

Sunday, July 4, Independence Day

Monday, July 5, Independence Day Observed

Monday, September 6, Labor Day

*Swim Meet Closures

July 9, 2004, Summer Swim League Duel Meet
(Early closure at 3:30 p.m.)

July 24, 2004, Summer Swim League Southern Division Meet

*Summer Swim League meets are open **free** to the public.

Program registration

Walk-in registration begins June 21 after 11:30 a.m.

Program Dates

June 28 – September 4, 2004

Professional Staff

Peter Brodtkin, *Aquatic Center Coordinator*

Montrel Jackson, *Senior Lifeguard*

Wendy Van DeSompele, *Senior Lifeguard*

Ofelia DeBernal, *Pool Operator*

Tony Mosby, *Cashier*

Rentals

Rainier Beach Pool is available for rental at times when the pool is not normally open. Currently, rentals are available Fridays 8:30 p.m. – Midnight and Saturdays and Sundays 5 p.m. to Midnight. For more information, call 206-386-1944.

The basic rental fee is \$50/hour. Staff fees for lifeguards are \$19 per hour per lifeguard with a minimum of 2 lifeguards for all rentals. Groups over 30 will require additional lifeguards. Payment is due two weeks in advance and the payment is required to hold the reservation.

Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and

money orders out to City of Seattle or R.B.A.C. (staff rental fees). Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. We are working on a system that will make online registration available.

Refund Policy

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Scholarships

The City of Seattle and Rainier Beach Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate.

Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations/Minimum Enrollment

A minimum of 4 students is required for all youth swimming classes. A minimum of 3 students is required for 3-year-old classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded or credited (see refund policy).

General Pool Information

- Please enter the building through the front entrance and check-in with the cashier before entering the pool area.
- For your children's safety, please monitor them at all times in the facility.
- We are not responsible for any lost or stolen items. We will keep lost and found items for 3 weeks. Valuables will be turned over to the Seattle Police.
- Children 6 years old and up must use the locker room appropriate for their gender. Rainier Beach Pool is a family recreation facility; please dress and act accordingly.

2004 Fees and Charges

Recreation Swim Prices

Youth/Seniors/ADA	\$2.25
Adult (19+)	\$3.25
Recreation Swim Card*	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00

Fitness Fees

Adult Fitness	\$3.75
Seniors/ADA Fitness	\$2.50
Fitness Swim Card*	\$30.00
Drop-In Weights	\$2.00
w/ Swim Admission	\$1.50

Other Fees

"Just a Shower"	\$2.00
Lockers	25¢
Goggles	\$5.00/\$7.00
Latex Caps	\$4.00
Silicone Caps	\$6.00
Wave Webs	\$14.00

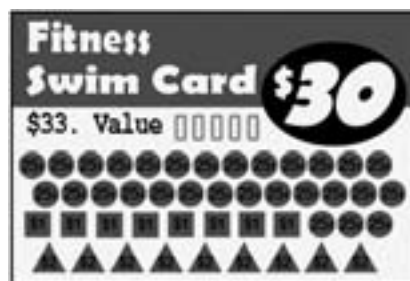
General Information

Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or onto the pool deck.

— Thank You!



*The F.A.S.T. Pass is good for one month of unlimited admission to all Pool Fitness and Recreation programs at any City pool. **Fitness Swim Cards** give \$33 worth of admissions to any Water Aerobics, Masters, or Deep Water Exercise Classes. **Recreation Swim Cards** give \$22 worth of admissions to Public, Family, Lap, and Adult Swims. **Swim Cards** and **FAST Passes** are **non-refundable and non-transferable**. Please present your card to the cashier for admission. **FAST Pass users must sign in** at the front desk before they are admitted.



Swim Lesson Information

Registration Information

It is the policy of Rainier Beach Pool to give priority to those currently in the swim lesson program if they wish to continue. Therefore, currently enrolled students will be allowed to pre-register for classes. All others may register during open (new) registration times on a first-come, first-served basis.

Participants must register for the whole class session; pro-rated classes are not available.

A minimum of four students is required for all youth swimming classes. Programs may be combined or cancelled if enrollment is not met. Payment is due at time of registration. Registration is not finished and a spot in the class cannot be held without payment in full.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more "Learn to Swim" information, please call Rainier Beach Pool @206-386-1944 or visit our web page at

www.cityofseattle.net/parks/aquatics/learntoswim.htm

Swimming Lessons

Tots

Age 6 mos. – 4 yrs.

Parents accompany their children into the water and are shown how to teach the program's skills. Young children become comfortable in and around the water so they are ready to learn to swim.

Preschool

Ages 4 – 5

Small classes create an ideal learning environment for pre-schoolers. The program has 4 levels which move from beginners to advanced skills

Beginner Youth

Ages 6 – 15

The first four levels of the American Red Cross Progressive Learn to Swim Program. Skills run from beginners to intermediate swimmers. Children can be pre-tested on request for placement.

Advanced Youth

Ages 6 – 18 yrs

The top three levels of the American Red Cross's Progressive Learn to Swim program. Children can be pre-tested for placement. A pre-competitive program is also available. Children should be comfortable in the deep end of the pool and able to swim one length (25 yards) of Front Crawl, Back Crawl, Breaststroke, and Elementary Backstroke.

Adult & Senior

Ages 16+

Instructors work with each individual to set and strive toward personal goals. For swimmers of all abilities.

1-on-1 and 1-on-2

One or two students with an instructor. Intensive instruction for those with special goals. Individuals can be of any ability. For more information and to register call 206-386-1944. Classes schedules are flexible and dependent upon pool space and instructor availability.

1-on-1 \$22 per half-hour

2-on-2 \$32 per half-hour

Special Populations

In many cases individuals with disabilities can be mainstreamed into our regular lesson program. If special attention is needed individual lessons can be set up on request. Rainier Beach Pool is fully accessible. Please call 206-386-1944 for more information.

\$4 per lesson

Swim Seattle

Swim Seattle is a private non-profit, community based swim team, which works out at Rainier Beach Pool. Membership is available to swimmers ages 6 to 18 who have a basic knowledge of Crawl stroke and Backstroke and can swim a length of the Pool. For information: swimseattle.org or call 206-654-3415

Mon – Fri 4:30 – 6 p.m.

Jun 21– Sep 5



Workout While Your Child Learns to Swim!

Weight Lifting and Aerobics

Weights and aerobic equipment available for an additional \$2. Please sign in and pay the cashier.

Lap Swimming

Lap Swims available Tuesday and Thursday evenings after 6 p.m. and Sunday afternoon for an additional \$3.25. Please check-in and pay the cashier.

Volunteer Opportunities

Rainier Beach Pool has volunteer opportunities as Swim Instructor Aides or Advisory Council members. If you are interested, please contact Peter Brodtkin or Montrel Jackson at 206-386-1944 for information.

Swimming Lessons

Swim Lesson Registration Information

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed*	Jun 28 – Jul 28	June 21 after 11:30 a.m.	9	\$36
I Tue/Thu	Jun 29 – Jul 29	June 21 after 11:30 a.m.	10	\$40
II Mon/Wed	Aug 2 – Sep 1	July 30 after 11:30 a.m.	10	\$40
II Tue/Thu	Aug 3 – Sep 2	July 30 after 11:30 a.m.	10	\$40
Fri PM**	Jul 2 – Sep 3	June 21 after 11:30 a.m.	9	\$36
Sat AM***	Jul 3 – Sept 4	June 21 after 11:30 a.m.	9	\$36
Sun AM	Jul 11 – Sept 5	June 21 after 11:30 a.m.	9	\$36
I Mon – Fri*	Jun 28 – Jul 9	June 21 after 11:30 a.m.	9	\$36
II Mon – Fri	Jul 12 – Jul 23	July 9 after Noon	10	\$40
III Mon – Fri	Jul 26 – Aug 6	July 23 after Noon	10	\$40
IV Mon – Fri	Aug 9 – Aug 20	Aug 6 after Noon	10	\$40
V Mon – Fri	Aug 23 – Sep 3	Aug 20 after Noon	10	\$40

*Pool closed Monday, July 5 (Independence Day Observation)

**No classes Friday, July 9 (Summer Swim League Duel Meet)

***No class Saturday, July 24 (Summer Swim League Southern Division Meet)

Summer 2004 Swim Lesson Times

Class	M–F a.m.	MW p.m.	TTh p.m.	Friday	Saturday	Sunday
Tots	9:30 – 10		6 – 6:30		Noon – 12:30	
Preschool	10:30 – 11	4 – 4:30 5 – 5:30	5 – 5:30 6 – 6:30		10 – 10:30 11:30 – Noon	11 – 11:30
Beginner Youth	9 – 9:30 10 – 10:30 11 – 11:30	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	4:30 – 5 5 – 5:30	10 – 10:30 10:30 – 11 11 – 11:30 3:30 – 4 4 – 4:30	11:30 – Noon Noon – 12:30
Advanced Youth	9:30 – 10	5:30 – 6	5:30 – 6		11 – 11:30	Noon – 12:30
Seniors/Adults			7 – 7:30		12:30 – 1	

Water Exercise & Fitness

Water Aerobics \$3.75/\$2.50

Movements in water designed to build Strength, Flexibility, and Cardiovascular Fitness. The program takes advantage of the participants buoyancy in the water and the resistance created by the water. Classes are lead by experienced instructors and accompanied by music. This program is for Adults and Seniors at all levels of fitness. Individuals are encouraged to exercise at their own pace.

Age: Adults and Seniors

MWF 12:30–1:30 p.m. TTh 7:30 – 8:30 p.m.

MWF 7 – 8 p.m. Sat 9 – 10 a.m.

Stretch And Flex \$3.75/\$2.50

Exercise for people who are unable to participate in conventional exercise programs. Stretch and Flex is designed to increase your range of motion, muscle tone, and flexibility. All activities take place in shallow water and are accompanied by music. Non-swimmers are welcome.

MWF 11:30 a.m. – 12:30 p.m.

Aqua-Jogging \$3.75/\$2.50

Deep water exercise class, which uses flotation equipment to create strength building resistance. Participants must be comfortable in deep water.

Age: Adults and Seniors only

Tue, Thu 11:45 a.m. – 12:30 p.m.

Arthritis Foundation Water Exercise Program \$2.50

This program was designed by the Arthritis Foundation for people with movement limitations. Rainier Beach Pool has three certified instructors on staff. A registration form, which includes a doctor's referral is required before beginning the program. Please check with our cashier for registration forms.

Age: Adults and seniors

Tue, Thu 3:30 – 4:30 p.m.

Masters Workout \$3.75/\$2.50

A fun and challenging workout lead by an experienced coach. For competitive swimmers or tri-athletes, who want a group workout.

Age: Adults and Seniors

Tue, Thu 6:30 – 7:30 p.m.

Stroke Refinement \$3.75/\$2.50

For Competitive Swimmers, Recreational Swimmers, and Triathletes. This program focuses on swimming techniques and skill drills. Works well in conjunction with lap swimming or Masters Workouts.

Wednesdays 7 – 8 p.m.

Drop-in Weight Training

Rainier Beach Pool has weight and fitness equipment on the pool deck, which is available to those 16 and over for drop in use when ever the pool is open. The Equipment includes a Universal Centurion, over 1000 lb. of free-weights and other machines.

Age: Over 16

Open during normal pool operating hours.

\$2; \$1.50 if you also pay for a swim

Lap & Senior Swim \$3.25/\$2.25

Monday – Friday 11:30 a.m.–1:30 p.m.

MW 7 – 8:30 p.m. Sat 9 – 10 a.m.

TTh 6 – 8:30 p.m. Sat Noon – 1:30 p.m.

Fri 5:30 – 8:30 p.m. Sun Noon – 1:30 p.m.

Water Exercise & Fitness General Information

Rainier Beach Pool's Water Exercise and Fitness Classes are year-round, drop-in programs. Individuals can either pay the class fee or purchase a fitness ticket for \$30 or a FAST pass (\$45 Adults or \$35 Youth/Seniors/ADA). The fitness ticket provides \$33 worth of admissions. FAST passes are good for unlimited admissions for one month from the date of purchase at any City pool.

Fitness Swim Prices

Adults	\$3.75
Youth/Seniors/ADA	\$2.50

Recreation Swims

Family Swim \$1 per person

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round drop-in program. All admissions are \$1 per person. Children under 1 are free.

Saturdays 1:30 – 2:30 p.m.

Sundays 1:30 – 2:30 p.m.

Public Swim \$3.25/\$2.25

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end.

M-F 2 – 3:30 p.m. Sat 1:30 – 3:30 p.m.

MW 6 – 7 p.m. Sun 2:30 – 4:30 p.m.

Fri 5:30 – 7 p.m.

Summer 2004 Schedule

Monday & Wednesday

8:00 – 9:00 a.m.	Summer Swim League	4:00 – 6:00 p.m.	Youth Lessons
9:00 – 11:30 a.m.	Youth Lessons	6:00 – 7:00 p.m.	Public Swim
11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	7:00 – 8:30 p.m.	Lap Swim
11:30 a.m. – 12:30 p.m.	Stretch & Flex	7:00 – 8:00 p.m.	Water Aerobics
12:30 – 1:30 p.m.	Water Aerobics	7:00 – 8:00 p.m.	Stroke Refinement
2:00 – 3:30 p.m.	Public Swim		(Wednesday Only)

Tuesday & Thursday

8:00 – 9:00 a.m.	Summer Swim League	4:30 – 7:00 p.m.	Youth Lessons
9:00 – 11:30 a.m.	Youth Lessons	6:00 – 6:30 p.m.	Tots Lessons
11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:00 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	6:30 – 7:30 p.m.	Masters (\$3.75)
2:00 – 3:30 p.m.	Public Swim	7:00 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Ex	7:30 – 8:30 p.m.	Water Aerobics

Friday (Pool Closes at 3:30 p.m. Jul 9)

8:00 – 9:00 a.m.	Summer Swim League	2:00 – 3:30 p.m.	Public Swim
9:00 – 11:30 a.m.	Youth Lessons	4:30 – 5:30 p.m.	Youth Lessons
11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7:00 p.m.	Public Swim
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8:00 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7:00 – 8:30 p.m.	Water Aerobics

Saturday (Pool Closed July 24)

9:00 – 10:00 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9:00 – 10:00 a.m.	Water Aerobics	12:30 – 1:00 p.m.	Adult Lessons
10:00 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons	3:30 – 4:30 p.m.	Youth Lessons

Sunday

11:00 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$1 each)
Noon – 1:30 p.m.	Lap & Senior Swim	2:30 – 4:30 p.m.	Public Swim